

**THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE  
PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:**

1. An exercise device comprising:
  - 5 an elongate, substantially upright and substantially rigid weight-bearing portion for supporting the weight of a user during exercising, said weight bearing portion including a gripping portion extending across a top of said device, said weight bearing portion having an open bottom and generally lying in a first plane;
  - 10 a pair of ground-engaging feet, one at either end of said weight-bearing portion, said feet extending outwardly from said plane to stabilize said upright weight-bearing portion without interfering with said open bottom, the feet being spaced apart to permit the positioning of a user between the feet and be clear of interference from the feet;
  - 15 the feet and weight-bearing portion being configured so that the mass of the device is generally balanced about said first plane;  
wherein said user may grip said gripping portion clear of interference from the feet.
- 20 2. The device of claim 1, wherein the feet comprise elongate elements oriented substantially perpendicular to the plane.
3. The device of claim 1, wherein the feet and weight-bearing portion are configured such that the height of the gripping means is fixed and the  
25 distance between the feet is fixed.
4. The exercise device of claim 1, wherein the weight-bearing portion comprises hollow metal tubing.

5. The exercise device of claim 4, wherein the feet comprise metal tubing sections fixed to the weight-bearing portion.
- 5 6. The exercise device of claim 4, wherein said hollow metal tubing is approximately 1.5 inches in diameter.
7. The exercise device of claim 1, wherein the gripping portion is substantially round in cross-section.
- 10 8. The exercise device of claim 1, wherein the device further comprises at least one anti-slide device associated with each foot and positioned to inhibit the sliding of the device when the device is in use in a standing position.
- 15 9. The exercise device of claim 8, wherein each foot comprises an elongate element having two ends, and wherein the device comprises one anti-slide element positioned at each end of each foot, the anti-slide elements comprising rubber caps positioned over the ends of the feet.
- 20 10. The exercise device of claim 1, the weight-bearing portion comprising first and second generally upstanding sections extending from the first and second feet, and a generally horizontal transverse section comprising the gripping portion and extending between the first and second generally upstanding sections.
- 25 11. The exercise device of claim 10, wherein the generally upstanding sections and transverse section are sized, shaped and positioned such that, when the device is in the standing position, the gripping portion is positioned at a height above the floor, the height being between about 15 and about 42

inches.

12. The exercise device of claim 10, wherein the upstanding sections and transverse section are sized, shaped and positioned such that the distance between the upstanding sections is less than about 40 inches and more than about 16 inches.
13. The exercise device of claim 11, wherein the height is about 27 inches.
14. The exercise device of claim 12, wherein the distance is about 25 inches.
15. The exercise device of claim 1, wherein the feet and weight-bearing portion are sized, shaped and positioned so as to permit the device to be stored in a nested configuration with one or more other devices.
16. An exercise system comprising:
  - first and second exercise devices, each exercise device comprising an elongate upright weight-bearing portion for supporting the weight of a user during exercising, the weight-bearing portion including a gripping portion extending across a top of the exercise device, the weight-bearing portion generally lying in a first plane;
  - each exercise device further comprising a pair of ground-engaging feet, one at either end of the weight-bearing portion, the feet extending outwardly from the plane to stabilize the upright weight-bearing portion;
  - the first and second exercise devices being configured to be independently positionable relative to one another, wherein the angle and distance between the first and second exercise device can be adjusted by a user to permit the user to perform exercises involving the gripping with one hand of each gripping portion and the bearing of the user's weight by

both weight-bearing portions simultaneously, the feet being configured to independently stabilize each weight-bearing portion independently during the exercises;

5                   whereby the user can position the device for comfort, biomechanical adaptation and variation in exercise.

17.   The system of claim 16, wherein the feet comprise elongate elements oriented substantially perpendicular to the plane.

10   18.   The system of claim 16, wherein the weight-bearing portion is substantially rigid.

15   19.   The system of claim 16, wherein the feet and weight-bearing portion are configured such that the height of the gripping means is fixed and the distance between the feet is fixed.

20.   The system of claim 16, wherein the weight-bearing portion comprises hollow metal tubing.

20   21.   The system of claim 16, wherein the gripping portion is substantially round in cross-section.

25   22.   The system of claim 16, wherein each device further comprises at least one anti-slide device associated with each foot and positioned to inhibit the sliding of the device when the device is in use in a standing position.

23. The system of claim 16, the weight-bearing portions each comprising first and second generally upstanding sections extending from the first and second feet, and a generally horizontal transverse section comprising the gripping portion and extending between the first and second generally upstanding sections.

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24. The system of claim 23, wherein the generally upstanding sections and transverse section are sized, shaped and positioned such that, when the body is in the standing position, the transverse section is positioned at a height above the floor, the height being between about 15 and about 42 inches.

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25. The system of claim 23, wherein the upstanding sections and transverse section are sized, shaped and positioned such that the distance between the upstanding sections is less than about 40 inches and more than about 16 inches.

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26. The system of claim 24, wherein the height is about 28 inches.

27. The system of claim 25, wherein the distance is about 25 inches.

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28. The system of claim 16, wherein the feet and weight-bearing portion of each device are sized, shaped and positioned so as to permit each device to be stored in a nested configuration with one or more other devices.